

What is the Behavioral Health Interdisciplinary Program (BHIP)?

BHIP is an interdisciplinary team of mental health professionals who work together with you—the Veteran—and your family to provide recovery-oriented, evidence-based outpatient mental health care.



Goals of the BHIP Team

- ◆ Offer easy access to mental health treatment that is Veteran-centered and tailored to your needs — the right care, at the right time, every time.
- ◆ Work with you to identify your personal goals for mental health recovery.
- ◆ Help you achieve your goals by providing proactive, integrated, comprehensive outpatient mental health care.
- ◆ Manage and coordinate transitions between mental health services so you do not become “lost in the system.”

BHIP Team Locations & Numbers

Mon thru Fri: 7:30am—4:30pm*

Scheduling: 1-877-537-7348

1-888-686-6350 (after hours)

1-800-209-7377 (medication refill only)

Balcones Heights VA Clinic:

4522 Fredericksburg Rd Ste A-100, San Antonio

Frank Tejada Outpatient Clinic: (210) 699-2120

2nd floor, 5788 Eckhert Rd, San Antonio

North Central Federal Clinic: (210) 483-2900

17440 Henderson Pass, San Antonio

South Bexar Outpatient Clinic: (210) 648-1491

4610 E Southcross Blvd, San Antonio

Kerrville VA Medical Center: (830) 896-2020

3600 Memorial Blvd, Kerrville

Victoria Outpatient Clinic: (361) 582-7700

1908 North Laurent Street, Victoria

**Extended hours available at some clinics. Ask your BHIP team for details.*

My treatment team

Support staff: _____

Nurse: _____

Therapist: _____

Prescriber: _____

Other: _____



Behavioral Health Interdisciplinary Program



**We Work as a Team.
You Lead the Way.**

Providing high quality mental
health care to Veterans



U.S. Department of Veterans Affairs
Veterans Health Administration
South Texas Veterans Health Care System



Connecting with Care

Eligibility & Establishing Care: For info on eligibility, visit the Enrollment & Eligibility Offices at Audie L. Murphy VA Hospital or Frank Tejada Outpatient Clinic or call 210-949-3981. Once enrolled, call 210-949-3994 to schedule a first primary care visit.

Note: Individuals with Other Than Honorable discharge statuses may be eligible for some mental health services.

Referral Process: In most cases, Veterans can access mental health services through their VA Primary Care Providers.

Same Day Services: All Mental Health clinics provide Same Day Services, meaning that Veterans with a need for care right away will have it addressed the same day or, if after hours, by the next day.



What Matters to You Matters to Us.

- Schedule, change, or cancel appointments
- Help coordinate same day services when needed

Support Staff

- Check vital signs
- Ask screening questions to ensure all concerns are addressed
- Help with medication refills and questions between visits

Registered Nurse

Veteran & family

Set your own goals.
Build on your strengths.

Goal of treatment: Help you live a full, meaningful life.

Medications can help with mood, anxiety, and nightmares, especially when combined with coping skills learned in therapy.

Medication Prescriber

Psychiatrist
Clinical Pharmacist
Nurse Practitioner
Physician Assistant

- Initial visit: 1 hour to review history, set goals, and discuss your preferences
- Follow-up visits: 30 min to check-in and adjust medication as needed, typically every 2-6 months

Therapist

Psychologist
Counselor
Clinical Social Worker

Therapy can help you gain tools to improve your mood, anxiety, sleep, and relationships.

Therapists use proven, well-organized strategies to help you grow and recover through individual, family/couples, and group therapy.

Typically, therapy is offered in weekly, 45 min sessions for 2-3 months, then you and your team work together to review your progress on goals, discuss needs, and make a plan.